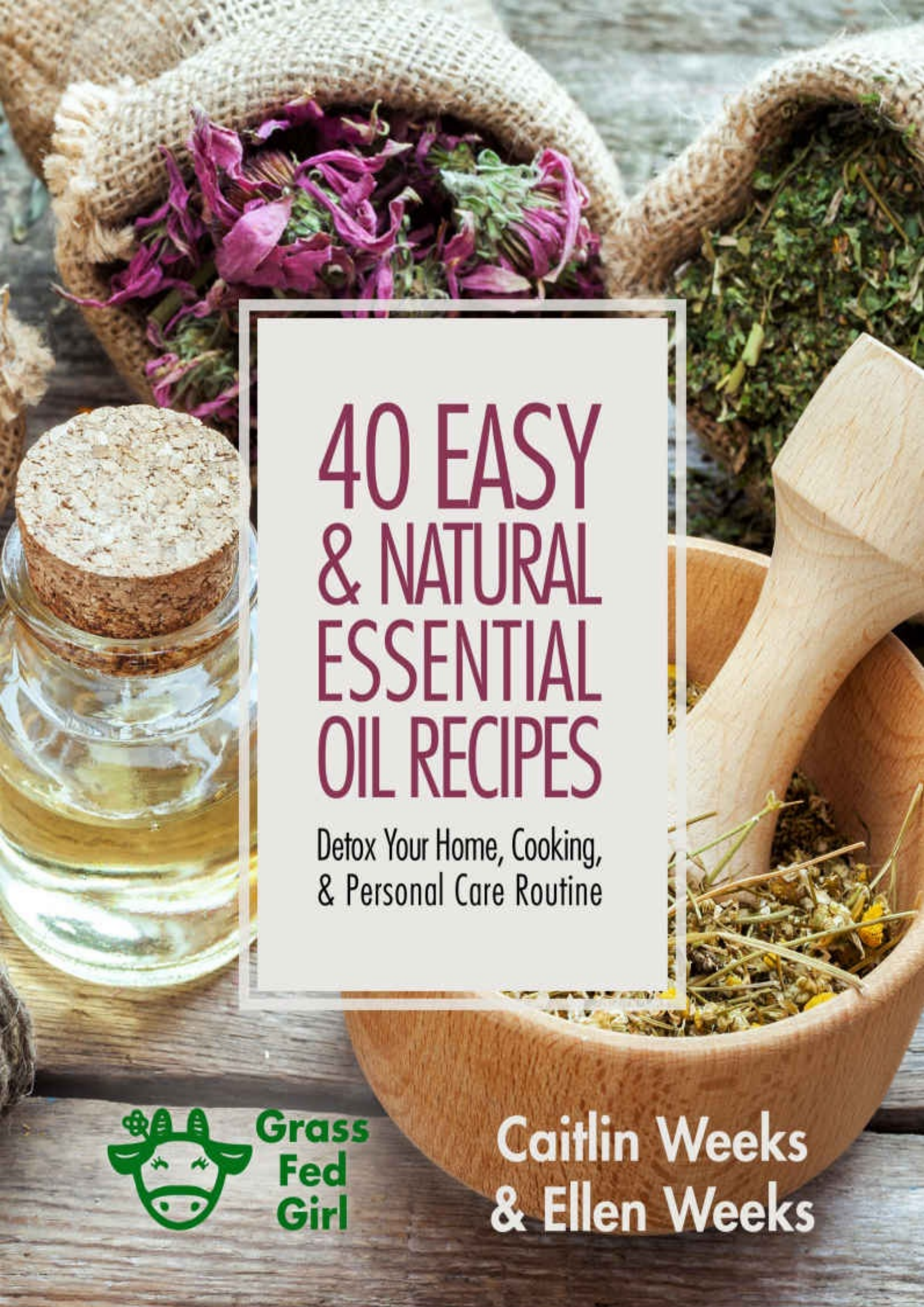




40 EASY & NATURAL ESSENTIAL OIL RECIPES

Detox Your Home, Cooking,
& Personal Care Routine



**Grass
Fed
Girl**

**Caitlin Weeks
& Ellen Weeks**

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Disclaimer:

The information within this book is intended for informational purposes only and is in no way medical advice. Please consult a physician or other professional healthcare provider before making any changes to diet or medications. Do not ingest essential oils without consulting a medical professional and discontinue use in case of any negative reactions. Use of any information from the content of this ebook is solely at your own risk and not the responsibility of the authors. ALWAYS do research before using essential oils on children and babies. Use caution with pets by seeking the advice of your veterinarian before using essential oils on pets. The recipes in this book are intended for adult human use only.

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Easy and Natural Essential Oil Recipes: Detox Your Home, Cooking and Personal Care Routine

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Introduction

Welcome Note

Ellen and I are sisters who have both been on a long journey towards healthy living. We grew up in the south filling up on comfort foods like biscuits and macaroni and cheese and unfortunately it showed. After college we both lost a ton of weight the old fashioned way with low fat diets and cardio workouts. It all seemed great at first but we struggled with sugar cravings, low energy, and erratic blood sugar. We found that when we switched to traditional diets with real foods, similar to the diets of our great grandparents would have eaten, we were able to handle the ups and downs of everyday life more gracefully and keep the weight off effortlessly. Over time because we were both accustomed to reading labels, we started to notice that our personal care and home products were filled with hard to pronounce chemicals. We wanted to find a way to reduce the toxic load on our bodies so we started to make our own natural beauty and cleaning products. We also became interested in natural remedies after going through conventional medical channels that often offered lackluster advice. We loved making essential oil recipes so much we decided to put them in a digital book to share with others who might want to improve their health and remove the chemicals from their homes and personal care routine.

About the Authors

Ellen Weeks is a mom, wife and Spanish teacher in Nashville, TN. She now works in administration at the Waldorf school where they emphasize the need to be in contact with the outdoors. She enjoys spreading her interest in a natural lifestyle among her friends and family. Ellen has experience with tending dairy goats on her college adventures in France and would love to have farm animals someday. She loves working on her mini urban homestead with her husband where they are learning to use permaculture practices. She enjoys using essential oils to make recipes and support the health of her baby, husband, and pets. She utilizes essential oils to recreate non-toxic home and beauty recipes on her blog megustamantequilla.com.



Caitlin Weeks is a holistic nutritionist, author and creator of the wellness hub Grassfedgirl.com. She has used essential oils to improve head tension, sleep issues, bladder inflammation, and hormone imbalances. She is currently studying to become a raindrop and vita-flex technique specialist using essential oils. Caitlin is also a certified EFT and Chek practitioner who believes in the mind body connection for healing. As a personal trainer for seven years in San Francisco, CA she became an expert on functional and efficient exercise. Caitlin has been married to her husband Nabil for 9 years. He is a professional chef from North Africa who taught her how to cook nourishing foods with traditional methods. She is the author of the printed book: [Mediterranean Paleo Cooking](#) and 3 other e-books including: [52 Paleo Breakfasts](#), [Healing Gelatin Treats](#) and [Low Carb Sugar Free Desserts](#)



What Are Essential Oils?

Essential oils are healthy and safe when coming from a trusted source. They are an effective way to help with many ailments that affect us on a daily basis. Essential oils (EO) have protective properties which are the plant's natural defense mechanism that work the same in us and therefore may have therapeutic properties. They can penetrate cell membranes and are able to diffuse throughout our blood and tissues. These particles are one of the few things small enough to cross the blood brain barrier.

The key to producing therapeutic grade essential oils is to preserve as many of the delicate compounds within the EO as possible. One reason we like Young Living (YL) oils is that they are steam distilled at low pressure and low temperature. Their fragile constituents are easily destroyed at high temperatures. A cheap perfume grade oil uses high pressure, high temperatures and chemical solvents yielding an adulterated oil that can still be labeled 100% pure in the stores as there's no regulation. The brand we trust only uses plants without agrichemicals or distilling solvents to yield us a pure oil.

Which Essential Oils We Recommend

Young Living has been around for 20 years and is leading the industry in essential oils because of our purity standard. It's called SEED to SEAL. Young Living owns thousands of acres of sustainable, organic farmland and we are the world's largest producer of EO's. We have 10 farms and distilleries around the world, no other company has that. We have them worldwide so that plants can be grown in the climate they thrive in. For example, our trees at our Frankincense farm in Oman or Ylang Ylang trees at our Ecuador farm in South America won't grow here in the US. We have to grow them where they will flourish.

We also have certified co-op and partner farms whose growing processes meet Young Living's strict quality standards. Young Living loves for their members to be a part of the seed plantings all the way to harvest and distillation of the oils. Young Living uses our own internal labs, in addition to third party audits, to verify that international purity standards are met and surpassed. Anyone can visit a Young Living farm. Remember Young Living is the ONLY oil company to have their own farms. Many companies keep their oil sourcing information under lock and key saying their supplier is "proprietary" info. On the other hand, YL will hand you the address to their farms and invite you to come see, touch and smell the pure oils. They love visitors!

3 Methods to Use Essential Oils

- **Aromatic:** Aromatic is the process of breathing in the essential oil. This can be done by using an essential oil diffuser, inhaling directly from the bottle or by adding a few drops to hands and cupping over nose and mouth.

- Topical: Topical application is the process of applying essential oil directly to the area of concern along with the ears, hands and feet. Some oils can be applied directly and others need to be diluted with a carrier oil. Oils can also be added to bathwater or in a warm compress.
- Internal: Some essential oils make excellent dietary supplements or food flavorings. Essential oil can be added to a liquid to drink or to a gelatin capsule and swallowed.

Essential Oil Safety and Usage FAQs

Essential oils are potent gifts from nature that can often be more powerful than expected. In order to prevent misuse of these precious oils and ensure their maximum benefit, Young Living Founder and CEO D. Gary Young, working with Director of Global Education and Health Sciences Dr. Lindsey Elmore and other product experts on her team has offered these helpful tips that are listed below. Refer to them to learn the basics of essential oil use, how to handle skin sensitivity, and other valuable information

1. I'm new to essential oils. How are they used? – Each bottle of Young Living essential oil is labeled with directions for how that oil can be used, and these directions vary based on location. Please consult with the product label for appropriate use directions.
2. I see the term “carrier oil” used in several places. What is a carrier oil, what does it do, and why should I use it? – A carrier oil is a vegetable oil such as coconut oil or grapeseed oil that can be used to dilute EO. Young Living V-6 Vegetable Oil Complex is an excellent carrier oil for many applications. Carrier oils ensure that EOs applied topically are comfortable. Dilution with a carrier oil does not dilute the effect of the EO, and prevents waste due to excessive application. Vegetable shortening, butter, margarine or petroleum derivatives (petrolatum jelly) should never be used as carrier oils. Some consumers choose to avoid olive oil as a carrier oil because of its strong aroma and thick viscosity.
3. What is a hot oil? – “Hot oils” are oils that, when applied to the skin, can cause a hot or burning sensation. YL recommends using a patch test procedure prior to first use. To perform a patch test, apply 1-2 drops of EO to a patch of skin such as the forearm. Observe that area of skin over the course of 1-2 hours for any noticeable reaction; usually reactions occur within 5-10 minutes. If you experience a hot or burning sensation or if you develop a rash, add V-6 carrier oil to the affected area as often as needed. Examples of “hot” oils include cinnamon, clove, lemongrass, peppermint, oregano, thyme, Exodus II, and Thieves.
4. What if I experience skin discomfort or irritation? – If discomfort or irritation occurs, stop using the EO, and apply V-6 or other carrier oil to the affected area. Never use water in an attempt to flush the oil off the skin, as this may increase discomfort. If a rash occurs this may be a sign of detoxification; drink adequate water to encourage the release and removal of body toxins. Toxins present in petrochemical based soaps and skin care products, detergents and perfumes may trigger some of the detoxification reactions. Consider discontinuation of these agents if a reaction occurs. Before using the EO again,

perform a patch test (see above) and dilute with carrier oil as needed. Water drives oil into the skin and the eyes. If EO gets in your eye, flush with V-6 carrier oil to alleviate any discomfort. Discomfort should be alleviated within minutes. If eye discomfort does not subside within 5 minutes, please seek medical attention. Be aware that some documents suggest diluting the oil with water. YL suggests that you dilute with carrier oil to ensure that discomfort is alleviated as quickly as possible.

5. Can essential oils be applied to sensitive areas? – Young Living recommends that you avoid contact with EOs and sensitive areas such as eyes, ears, genitals and mucous membranes. If you choose to use the oil in any sensitive area, dilute 1 drop of the essential oil to 5-10 drops of V-6 carrier oil.

6. How often can essential oils be applied? How much do I use? – Proper usage is indicated on each EO label. Please follow label instructions. The idea of “if a little is good, a lot is better” is not always correct. Essential oils are very potent and powerful– start low and go slow. In most cases 1-2 drops are adequate and using more may waste product. Depending on the EO you can gradually build up to 3-4 uses per day if desired. Excessive use of essential oils may increase the risk for adverse reactions.

7. Can essential oils be used during pregnancy or while nursing? – As with any medical condition it is strongly recommended that, prior to use of essential oils, you seek the advice and recommendation of a competent, trained health care advisor who is experienced in EO usage. It is generally recommended to avoid overuse and excessive use of Clary Sage (*Salvia sclarea*), Sage (*Salvia officinalis*), Tansy (*Tanacetum vulgare*), Hyssop (*Hyssopus officinalis*), Fennel (*Foeniculum vulgare*), and Wintergreen (*Gaultheria procumbens*) as well as the blends and supplements that contain these oils during pregnancy and while nursing.

8. Can essential oils be used on children? – Many EOs are appropriate for use with children, and they should be diluted prior to use. Some YL products are pre-diluted with carrier oil as indicated on product label and are intended for direct application on children. Children generally respond well to EO, and use of a carrier oil is recommended. One to two drops of EO such as Sleepylze, RutaVala, Gentle Baby and Peace & Calming may be diluted in carrier oil and applied to the bottom of the feet.

9. How does exposure to sun affect essential oil use? – Some EOs, especially citrus oils, contain natural molecules that react with sunlight (UV light) and cause a sensitivity reaction. All YL EOs and oil blends that contain these compounds are labeled with a warning to avoid sun/UV light for 12 to 48 hours after applying. Caution should always be used when starting to use a new oil: use patch testing (see above), dilute and apply the oil to skin that is protected from sun/UV exposure to reduce the risk of sensitivity. YL beauty and cosmetic

products are formulated to remove sun-sensitizing agents to reduce the risk of sun sensitivity.

10. What about the use of essential oils if I have a medical condition? Can essential oils interact with prescription medications? – If you have a disease or medical condition, or if you are using a prescription medication, it is recommended that you consult with a health advisor who has experience with EOs prior to using an EO. Seek the advice of the prescribing physician and a pharmacist about potential interactions between the medication(s) and the essential oil(s).

How We Use Essential Oils



My sister and I used to take a lot of supplements in pill form but we realized that many brands (besides [this brand](#)) are filled with GMO ingredients and other unneeded fillers. It is important to read labels on any supplements for purity which is another reason we love [this brand of essential oils](#) - they are of the utmost quality. Also pills can be hard to swallow for many people. We have switched over to using essential oils for many of our health needs. We are actually saving money and keeping harmful contaminants out of our homes.

Here are some of the ways Ellen and I use the Everyday Essential Oils with diffusers, roll-ons, and more:

Peppermint:

I put a few drops in my drinking water in the morning to wake up. In the afternoon, I put a few drops near my nose to chase away the afternoon lull. Mix with Epsom salt and use in a bath for sore muscles. Rubbed on the ears peppermint can help with head pain and tension.

Lemon:

I use a few drops of lemon essential oil in my water in the morning to support natural liver detox. I put 5-15 drops in a spray bottle with water to use as a grease stain remover. I use undiluted on pimples to make them less red, heal faster and prevent scarring. I add a few drops to my favorite tea to give it a lemon flavor.

Purification:

I diffuse it in my home to get rid of smells after cooking. Dilute in a spray bottle

with water and spray on smelly feet and into sweaty shoes. I have sprayed purification on my legs and arms as a natural bug repellent and it really works. I love being able to avoid the chemicals in conventional bug spray.

Thieves:

I diffuse when anyone in my house complains of feeling unwell or being run down. Also, it is helpful for dabbing on wrists and ankles to repel germs while flying. Use it to make bathroom cleaner, it will help get rid of dirt and grime.

Stress Away:

I use the roller fitment that it comes with and apply it all over my neck and shoulders to help me reduce tension. I like to diffuse it to help facilitate sleep and it makes the home smell of tropical flowers.

PanAway:

I mix it with coconut oil to make a sore muscle rub for my husband when he comes home from soccer or the gym. Put it in a bath with Epsom salt after a workout for fast recovery. I dab it on my temples when I feel constriction and tightness. Dilute it with avocado oil and spray or rub on a sunburn.

Lavender:

I apply on my husband when he burns himself at his chef job. I mix it with coconut oil and apply as a relaxing massage oil. Diffuse it for a fresh floral smell that gives my home freshness without synthetic and dangerous artificial fragrances. We use it on rashes and bug bites for faster healing and to reduce itching.

Joy:

I diffuse it in the morning to uplift mood and reduce negative thoughts. I rub it on my wrists as a perfume. I let friends borrow it who may be feeling blue. It works well for people recovering from a broken heart or grieving a lost loved one by rubbing a few drops over the heart each day.

Melaleuca Alternifolia:

This one is good for fighting nail fungus or persistent foot itch so I mix some drops with coconut oil and rub it in nail beds or on the bottom of feet. I have diffused it to help people who are feeling ill. It is good for cold sores/ fever blisters and I have mixed it with olive oil and made a roll on for lips.

Frankincense:

Is a traditional oil mentioned many times in holy texts as a healing oil. I have made a clay mask with it because it improves the look of my skin. It is wonderful to add to almond oil for a moisturizer before bed. I have also diffused it for a rich and energizing scent that helps me get through winter days.

Citrus Fresh:

This is a blend of exotic orange and lemon oils with energizing peppermint. This blend makes me so happy every time I smell it in my diffuser and when I roll it on my skin as a perfume. It has all the immune supporting benefits of citrus with anti-inflammatory benefits of peppermint. I have also used it to make a fat burning cocktail with sparking mineral water. Citrus oils are very effective for supporting weight loss and reducing the look of dimpled skin.

15 Essential Oil Diffuser Combinations



The diffuser is a great way to use essential oils for yourself or your family. The diffuser I recommend is ultrasonic and covers 600 square feet so it is very effective. When essential oils are diffused they get inhaled where they will be absorbed quickly into the bloodstream for a noticeable and fast effect. There are certain oils that are not best for pets so use caution and read the Essential Oils Pocket Reference before using around your pets.

Early Morning Wake Up:

5 drops peppermint essential oil, 2 drops ginger essential oil, and 2 drops rosemary essential oil

Pounding Head Tension:

5 drops peppermint essential oil, 5 drops lavender essential oil, and 2 drops Stress Away essential oil

Pet and Home Odors:

5 drops Purification essential oil and 5 drops lemon essential oil

Immune Boosting:

5 drops Thieves essential oil and 3 drops lemon essential oil

Bedtime Blend:

5 drops Cedarwood essential oil and 5 drops lavender essential oil

Seasonal Pollen Fighter:

3 drops lemon essential oil, 3 drops lavender essential oil, 3 drops peppermint essential oil

Occasional Overwhelm:

5 drops Frankincense essential oil and 5 drops Stress Away essential oil

Happiness Blend:

5 drops Joy essential oil and 5 drops Peace and Calming essential oil

Sore Tight Muscles:

5 drops lavender essential oil and 5 drops Pan Away essential oil

Romance:

5 drops Ylang Ylang essential oil and 5 drops Grapefruit essential oil

Skin Flare Ups:

5 drops Tea Tree essential oil and 5 drop Bergamont essential oil or lemon essential oil

Courage and Confidence:

5 drops Valor essential oil and 5 drops lavender essential oil

Digestive Complaints:

5 drops DiGize essential oil and 5 drops lemon essential oil

Holiday Blend:

5 drops Thieves essential oil and 5 drops Bergamont essential oil

Spring Clean Up:

5 drop grapefruit essential oil and 5 drop Purification essential oil

Women's Time of the Month:

5 drops Clary Sage essential oil and 5 drop Lavender essential oil

Which Essential Oils Do We Recommend?



Are you interested in essential oils for natural healing? We are too! We have begun our journey to learn about them and we are so impressed! We enjoy using them everyday on our skin and even eating them. We have found them a great help while navigating and trying to improve our busy lives being bloggers, cooks, authors, and wives.

How To Order Young Living Essential Oils

When it comes to essential oils, Young Living sets the standard for purity and authenticity. Young Living carefully monitors every step of the production of the oils from beginning to end through a unique seed to seal process, ensuring the purity of each essential oil and protecting nature's living energy in every bottle. This unsurpassed commitment to quality means that you can be confident that Young Living essential oils are both safe and effective.

You can purchase Young Living therapeutic-grade essential oils in one of two ways: as a [Wholesale Member](#) (best option) or [retail customer](#) via the [Young Living website](#).

I recommend buying Young Living essential oils by joining as a [wholesale member](#). Wholesale Members get an amazing 24% discount off every product that is offered. As a Young Living Wholesale Member you only have to agree to order a minimum of \$50 per year.

[Everyday Oils](#) from [Young Living](#) on [Vimeo](#).

Frequently Asked Questions

Why should I become an Young Living Wholesale Member vs. Independent Distributor?

Wholesale Members are also Independent Distributors. This just means in addition to the wholesale pricing (24% off retail price), you also have the option of sharing the oils with your friends and family in order to earn commissions and participate in promotions for free oils. If becoming a Young Living Independent Distributor is something you are considering, please [contact me](#). I will be more than happy to help you get your essential oil business started!

Is there a monthly order minimum?

No. You do not have to order monthly in order to benefit from being a Wholesale Member. However, if you would like to earn commissions as an Independent Distributor then simply enroll in Essential Rewards, a monthly autoship program.

I don't really want to sell essential oils. Do I have to sell Young Living products to be a Wholesale Member?

Of course not. Since there is no monthly order requirement you can simply just order whenever you and your family need it. There is no requirement to have a business.

What do I need to do to get started?

To begin as a Wholesale Member you start with purchasing an enrollment kit. There are three options to choose from however, I recommend the Premium Starter Kit with the diffuser (pictured below). This is the same kit I purchased to get started on my essential oil journey.

The Premium Starter Kit is the Best Value!



When you order your own [premium starter kit](#), you are entitled to wholesale pricing on all Young Living products, this is a 24% discount. Share this with your friends and family by ordering for them, or have them enroll to get their own kit and discount. The Premium Starter Kit is valued at over \$300. As a Wholesale Member you get this for 50% off!

The Premium Starter Kit includes:

- Ten 5 mL bottles of essential oils including: Lavender, Peppermint, Lemon, Frankincense, PanAway, Melaleuca Alternifolia (Tea Tree), Thieves, Purification, Stress Away, and Joy.
- A home diffuser (retail value alone on this one is \$96)
- 5 mL bottle of Citrus Fresh (this is by far my absolute favorite — I wear it like perfume!)
- Aroma Glide roller fitment (to turn any oil into a roll on)

- Two sample packets each of Lavender, Peppermint, Peace & Calming, Lemon, and Thieves (for you to share with your friends)
- Two NingXia Red 2-oz. samples (this is a great supplement for energy)

How to Sign Up As a Young Living Wholesale Member

1. Click over to the [sign-up page](#).
2. Select “Sign Up As: Young Living Wholesale Member”
3. The “Enroller ID” and “Sponsor ID” boxes should already be filled in for you.
4. Fill out your name, billing address, shipping address, and contact info. (The reason you are asked to list your social security number is for tax purposes. If you make over \$600/year selling Young Living products, you will receive a 1099 form in the mail, as is required by law. Young Living will never share this info with anyone.)
5. Create your password and pin which you will use to log in to your account and order your oils.
6. Select your enrollment order. This is where you can specify which starter kit you would like (and you know I think the Premium Kit is the way to go!). You must sign up with one of these kits to become a Wholesale Member. To maintain your 24% discount going forward, you only need to spend \$50 each subsequent year with Young Living on any product in their store. That’s it! You can also purchase other items at this time if you wish.
7. Set up your *optional* Essential Rewards Program. Now don’t be confused by this next step. Buying one of the ER kits is not a requirement to sign up as a Wholesale Member! This is a rewards program you can opt into to start earning money back to help pay for your oils. At this point, you can skip this step by selecting “No, thank you. I plan on enrolling in the Essential Rewards Program later”. If one of the ER kits looks valuable to you then by all means get one in addition to your starter kit.
8. Agree to Terms & Conditions.
9. CONFIRM YOUR ORDER. I have had many folks miss this step and end up not fully checking out. To confirm, the tool will log you in and it will show you your order again and it will make you enter in your payment information again. We wouldn’t want that to happen because then you would not get your oils!

That’s it! Congratulations! Welcome to the amazing world of essential oils!

If you have any questions, please [contact us](#)!

Join my Essential Oils Facebook Group [here](#).



New to Essential Oils?
Sign up for my FREE 14-Day E-course

 **Click Here**

Essential Oil Recipe Supplies Shopping List:

Containers:

Glass spray bottles, sizes from 4 oz. to 16 oz.

Lip balm containers

Mason jars, sizes 4 oz, 8 oz, 16 oz, 32 oz.

Pump dispenser, 8 oz. size

Roll-on bottles

Squeeze bottles, 2 to 3 oz. sizes

Find all these items on my Essential Oils Supplies page [here](#).

Ingredient Supplies:

Apple Cider Vinegar

Arrowroot, tapioca, or non-gmo cornstarch powder

Baking Soda

Beeswax Pastilles

Bentonite Clay

Borax

Carrier Oils (liquid): olive, almond, jojoba, avocado, fractionated coconut oil

Carrier Oils (solid): coconut, palm, shea butter, cocoa butter, mango butter

Castile Soap (liquid and bar)

Diatomaceous Earth (food grade)

Distilled Water

Epsom Salt

Filtered Water

French White Clay

Hazelnut Oil

Liquid Vegetable Glycerin

Matcha Tea Powder or green tea

Rosehip Oil

Sea Salt

Stevia Extract Powder

Super Washing Soda

Sweet Almond Oil

Vitamin E Oil

White Vinegar

Witch Hazel

Find all these items on my Essential Oils Supplies page [here](#).

Best Books on Proper Essential Oil Usage:

Feelings Buried Alive Never Die by Karol K.Truman

Essential Oil Desk Reference by Gary Young

Chemistry of Essential Oils Made Simple: God's Love Manifest in Molecules and

Healing Oils of the Bible by David Stewart Ph.D

Find all these items on my Essential Oils Supplies page [here](#).

Purifying Personal Care

Lavender Lip Balm



Lavender oil has over 1000 uses and is known for its benefits to skin. Purification oil will boost your immune system and is great healing mouth sores. Both oils are nourishing for dry cracked lips and are very mild so they will not cause discomfort.

Prep Time: 5 minutes

Cook Time: 15 to 20 minutes

Yield: 6 tablespoons

Special Equipment: lip balm tube or small jar, funnel

Ingredients:

- ☐ 2 tablespoons beeswax pastilles or grated beeswax
- ☐ 2 tablespoons shea butter
- ☐ 2 tablespoons avocado oil, olive oil, or fractionated coconut oil
- ☐ 10 drops lavender essential oil
- ☐ 2 drops Purification essential oil (optional)

Instructions:

Fill a small pot or saucepan one-third full with water over medium-low heat. In a glass bowl, add beeswax, shea butter and avocado oil. Put the bowl over a saucepan with a few cups of water in it and place over medium heat. Let the ingredients melt slowly, about 20 minutes, stirring often. Remove the mixture from heat and let it cool about 10 minutes or until it starts to slightly harden (edges will become slightly opaque). Stir in essential oil and then transfer into lip balm containers using a funnel, if needed, and let completely cool and harden.

Lime Body Butter



Lime essential oil is beneficial for healthy skin and adds a light, tropical scent. Be aware that lime essential oil will make your skin more sensitive in the sun.

Prep Time: 5 minutes

Cook Time: 20 minutes

Yield: 8 to 10 oz.

Ingredients:

- ☐ 1/2 cup shea butter
- ☐ 1/4 cup coconut oil
- ☐ 1/4 cup sweet almond oil, light olive oil, or avocado oil
- ☐ 10 to 20 drops lime essential oil

Instructions:

Combine all ingredients, except the essential oils, in a double boiler or a small pot. Gently melt the ingredients while stirring over medium-low heat until the mixture has melted and become a clear liquid. Remove from the heat and allow it to cool. Allow the mixture to partially set up and firm, it will start to look opaque as it cools. Once the mixture is partially set (it will have the consistency of soft peanut butter) add the essential oils, and whip with a hand mixer or stand mixer until the body butter is fluffy and stiff peaks have formed, about 2 to 3 minutes.

Hand Sanitizer with Thieves Essential Oil



Thieves oil digests bacteria that accumulates from everyday living to support a healthy immune function.

Prep Time: 5 minutes

Cook Time: N/A

Yield: 2 oz.

Special Equipment: 2 oz. squeeze bottle

Ingredients:

- ☐ 3 tablespoons 100% aloe vera gel
- ☐ 1 tablespoon filtered water
- ☐ 1/8 teaspoons Vitamin E oil
- ☐ 5 drops Thieves essential oil

Instructions:

Combine the aloe vera gel, water, vitamin E oil, and Thieves oil in a bowl and mix well. Transfer to a small squeeze bottle and shake before each use. Vitamin E (tocopherol) oil is often included in store bought aloe vera, in that case extra is not needed.

Tea Tree Foaming Face Wash



Melaleuca Alternifolia (commonly known as tea tree oil) is great for cleansing the skin and for preventing breakouts. Citrus Fresh is a combination of citrus oils and peppermint that leaves your skin feeling toned and refreshed.

Prep Time: 5 minutes

Cook Time: N/A

Yield: 12 oz.

Special Equipment: 12 oz. pump dispenser bottle

Ingredients:

- ☐ 1/4 cup liquid unscented castile soap
- ☐ 1 tablespoon avocado oil
- ☐ 3 drops melaleuca alternifolia oil
- ☐ 3 drops Citrus Fresh essential oil or lemon essential oil (optional)

Instructions:

Add all of the ingredients to a small squeeze bottle or jar and fill the rest with water. Shake well before each use.

Sleepy Time Roll-on



This blend of lavender and cedarwood oils will promote relaxation and stimulate melatonin for restorative sleep.

Prep Time: 5 minutes

Cook Time: N/A

Yield: 10 ml (1/3 oz.)

Special Equipment: 10 ml or 1/3 oz. roll-on bottle

Ingredients:

- ☐ 7 drops cedarwood essential oil
- ☐ 7 drops lavender essential oil
- ☐ Olive oil or fractionated coconut oil

Instructions:

Open the roll-on bottle and add the essential oils. Fill the remaining space with your carrier oil. Reattach the roller attachment, cap and shake well to mix. To use, roll on the bottom of your feet before bed.

Rejuvenating Bath Salt Blends



These bath salt blends are designed to promote relaxation, encourage detoxification, and recharge your body after a taxing day or tough workout.

Prep Time: 5 minutes

Cook Time: N/A

Yield: 2 cups (Single Use)

Ingredients:

Relaxing Bath

- ☐ 2 cups Epsom salt
- ☐ 5 drops lavender essential oil
- ☐ 5 drops Peace and Calming essential oil

Detox Bath

- ☐ 1 cup Epsom salt
- ☐ 1 cup bentonite clay, white French clay, or diatomaceous earth
- ☐ 10 drops lemon essential oil

Post-Workout Recovery Bath

- ☐ 2 cups Epsom salt
- ☐ 8 to 10 drops Panaway essential oil

Instructions:

Before adding to the bath or an airtight container for storage, mix the dry ingredients (salt and/or clay) in medium sized bowl with the essential oils well. Adding the essential oils to the dry ingredients before adding to the water helps the oils distribute the mixture in the water. When using, sprinkle the bath salt mixture into the tub as it is filling with warm water. To gain the benefits of the Epsom Salt and essential oils it is best to soak for 15-20 minutes.

Dry Shampoo for Various Hair Colors



These dry shampoos are created for each hair type to help refresh hair between washes. Each recipe is formulated to match hair color, and the essential oils add an uplifting fragrance while giving you the benefit of essential oils.

Prep Time: 5 min

Cook Time: N/A

Yield: 3 to 4 oz. (about 1/2 cup)

Ingredients:

Dry Shampoo – Brunette

- ☐ 4 tablespoons cocoa
- ☐ 4 tablespoons arrowroot, tapioca, or non-gmo cornstarch
- ☐ 4 drops peppermint essential oil
- ☐ 4 drops lavender essential oil

Dry Shampoo – Blonde

- ☐ 4 tablespoons arrowroot, tapioca, or non-gmo cornstarch
- ☐ 3/4 teaspoon turmeric
- ☐ 4 drops peppermint essential oil
- ☐ 4 drops lavender essential oil

Dry Shampoo – Red Head

- ☐ 4 tablespoon arrowroot, tapioca, or non-gmo cornstarch
- ☐ 2 1/4 teaspoon paprika
- ☐ 1/2 teaspoon cocoa (added cocoa bc cumin will smell)
- ☐ 4 drops peppermint essential oil
- ☐ 4 drops lavender essential oil

Instructions:

Mix the dry ingredients in a small, very dry bowl and mix well with a dry spoon. If the coloring seems too light or too dark for your hair, add one teaspoon of arrowroot (to lighten) or the coloring agent (to darken: cocoa, paprika/cumin, or turmeric – depending on which recipe you are making) and mix well. Add the essential oils drop by drop and mix well again. Transfer to an airtight container, such as a clean and dry spice jar or small glass jar. When using use a blush or foundation brush to apply to dry hair, starting at the front and working your way back. Run a comb or brush through your hair several times after applying to help distribute evenly.

Sniffles Roll-on



This combination has been very helpful for my family during allergy season to relieve watery eyes and runny noses. It can also boost immune system to ward off germs at school and work.

Prep Time: 5 min

Cook Time: N/A

Yield: 10 ml or 1/3 oz. roll-on bottle

Special Equipment: 10 ml or 1/3 oz. roll-on bottle

Ingredients:

- ☐ 10 drops lavender essential oil
- ☐ 10 drops peppermint essential oil
- ☐ 10 drops lemon essential oil
- ☐ 1 to 2 tablespoons almond oil or avocado oil

Instructions:

Remove the roller ball cap. Place the lavender, peppermint, and lemon oil drops in

the roller bottle and add the carrier oil until three-fourths full. Place the roller cap on top and shake well. Roll it on your neck and chest as needed. Use caution on children and halt if there are any skin reactions. The feet are a good place to start to gauge sensitivity to a certain oil.

Fresh and Natural Deodorant



This combination of essential oils will keep you smelling fresh without worrying about the toxic ingredients contained in store bought brands.

Prep Time: 5 minutes

Cook Time: 10 minutes

Yield: 16 to 18 oz.

Special Equipment: 4 empty deodorant containers or small jars

Ingredients:

- ☐ 1/2 cup coconut oil
- ☐ 1/2 cup shea butter or cocoa butter
- ☐ 1/2 cup beeswax pastilles
- ☐ 1/2 cup arrowroot powder or tapioca starch
- ☐ 3 tablespoons food grade diatomaceous earth

- 1 teaspoon Vitamin E oil to preserve
- 20 drops essential oils combination – peppermint essential oil (8 drops) and lavender essential oil (12 drops) or Valor (10 drops) and tea tree essential oil (10 drops) for a more masculine scent

Instructions:

In a double boiler or a microwave, slowly melt the coconut oil, shea butter, and beeswax together. Stirring frequently. Add the arrowroot powder first, mix well, then add the diatomaceous earth stir to combine. Add the vitamin E and 20 drops of the essential oils of your choice and combine well. While the mixture is still pliable, fill deodorant containers or mason jars. Let them rest until they are at room temperature and solid. Apply daily or as needed using your hand or deodorant tube applicator.

Peppermint Toothpaste



This blend will keep your mouth feeling fresh and smelling minty without any hard to pronounce ingredients with unknown long term effects.

Prep Time: 5 min

Cook Time: N/A

Yield: 1/3 cup (about 3 oz.)

Ingredients:

- ☐ 3 tablespoons coconut oil
- ☐ 3 tablespoons baking soda
- ☐ 10 drops peppermint oil
- ☐ Stevia to taste (optional)

Instructions:

Make sure the coconut oil is room temperature and combine it with the baking soda, peppermint oil and stevia. Once the ingredients are well mixed put into a small glass jar with a lid. Use about a teaspoon to brush your teeth, as usual. For a squeezable paste use 3 tablespoons almond oil or fractionated coconut oil in place of regular coconut oil.

Mouth Freshening Tooth Powder



This tooth powder blend with Thieves essential oil will keep mouth feeling clean while also supporting of teeth and gum health.

Prep Time: 5 min

Cook Time: N/A

Yield: 1/4 cup (2 oz.)

Ingredients:

- ☐ 2 tablespoons diatomaceous earth or bentonite clay
- ☐ 2 tablespoons baking soda
- ☐ 1 teaspoon sea salt
- ☐ 1/8 teaspoon stevia powder
- ☐ 10 drops peppermint essential oil
- ☐ 10 drops Thieves essential oil

Instructions:

Mix the dry ingredients in a dry bowl with a dry spoon. Add the essential oils and then mix well. Transfer to a small airtight container. When using, wet toothbrush, tap off excess water, and dip into the powder. Brush as normal and rinse well.

Energizing and Brightening Matcha Face Mask



Frankincense essential oil has been used since ancient times to support supple and glowing skin. Matcha tea is rich in antioxidants that brighten and re-energize for a youthful surface layer.

Prep Time: 5 minutes

Cook Time: N/A

Yield: 3/4 cup

Ingredients:

- ☐ 1/2 cup French white clay
- ☐ 2 tablespoon Matcha Tea powder or green tea, finely ground
- ☐ 8 drops frankincense essential oil

Instructions:

Mix the the dry ingredients well in a dry bowl with a dry spoon. Add the essential oil last and mix well. Transfer to a small airtight container for storage. When using, mix 1 teaspoon of water with 1 tablespoon of the mask powder. Add a few drops of water if too the mask is too thick, it should be the consistency of heavy cream. Apply the mask with a small, clean makeup brush to face and neck. Avoid applying too closely to eyes. Once applied, wait until mask is fully dry to remove, about 15 minutes. Remove mask with a wet, warm washcloth.

Invigorating Face Serum



The combination of oils in this recipe are very supportive for youthful skin. Cypress essential oil is beneficial for oily or problem skin. Frankincense is supportive against maturing, dry skin. Geranium essential oil is revitalizing the look of skin and has an enjoyable, floral scent.

Prep Time: 5 min

Cook Time: N/A

Yield: 1/3 oz.(10 ml) roll-on bottle

Special Equipment:1/3 oz. (10 ml) roll-on bottle)

Ingredients:

- ☐ 1 tablespoon rosehip oil (for combo or dry skin) or hazelnut oil (for acne-prone skin)
- ☐ 1 to 1 1/2 tablespoons fractionated coconut oil, olive oil, or almond oil

- ☐ 5 drops frankincense essential oil
- ☐ 5 drops cypress essential oil
- ☐ 5 drops geranium essential oil

Instructions:

Mix all ingredients in a small glass container such as glass dropper bottle or glass roll-on bottle, something that holds at least 4 oz. This serum is safe to use after cleansing morning and/or night. The serum is a liquid and it only takes a small amount to cover your entire face and neck.

Exfoliating Grapefruit Scrub



Grapefruit essential oil is rich in the powerful antioxidant d-limonene which is nourishing to the skin. Avocado is a gentle carrier oil that works with the sea salt to slough off dead skin.

Prep Time: 5 minutes

Cook Time: N/A

Yield: 1 cup (8 oz.)

Ingredients:

- ☐ 1/2 cup avocado oil
- ☐ 1/2 cup sea salt
- ☐ 10 drops grapefruit essential oil

Instructions:

Mix the ingredients together and put into a small mason jar and seal between applications. Use this in the shower to exfoliate skin on face or use to smooth rough skin on the feet.

Healthy Nail Salve



I have used the oils in this blend with several of my family members who have struggled with unsightly nail beds or annoying foot itch.

Prep Time: 5 minutes

Cook Time: N/A

Yield: 1/2 cup (4 oz.)

Ingredients:

- ☐ 20 drops clove essential oil
- ☐ 20 drops Purification essential oil
- ☐ 20 drops Thieves essential oil
- ☐ 1/2 cup coconut oil, room temperature

Instructions:

Mix all the ingredients together in a bowl and transfer into a small jar. Rub the cream generously on nails or feet upon waking and before bed for several weeks. Store covered in a cool dry place.

Frankincense Shaving Soap



I made this for my husband to have a more natural option for shaving. It has a masculine aroma that is appealing to both of us and is also soothing for post shave irritation.

Prep Time: 5 minutes

Cook Time: 20 to 30 minutes

Yield: 12 oz. or 1 1/2 cups

Special Equipment: 4 oz. mason jars for containers, muffin liners, shave brush

Ingredients:

- ☐ 2 bars Castile soap, unscented
- ☐ 2 tablespoons avocado oil or olive oil
- ☐ 4 tablespoons French white clay
- ☐ 5 to 10 drops frankincense essential oil

Instructions:

Grate soap bars using a cheese grater, be aware a food processor won't work. On low heat, melt the grated soap down with avocado oil. This can take a long time, be patient. At least 10 to 15 minutes before you see any visible melting. If the melting seems too slow add a tablespoons of water, one at a time, and stir until mixture begins to combine and become smooth. Once the mixture begins to combine, add the clay, and mix well. Remove the from heat and stir in the Frankincense oil. Pour the mixture into the containers you would like to store it in, such as 4 oz. mason jars and put extra portions in muffin liners as refills. Let the containers sit out, uncovered for at least 4-7 days to harden and cure. They will harden more over time will last for a few years.

Muscle Relief Rub



Panaway contains wintergreen which can soothe muscles from sports or poor posture especially from computer use.

Prep Time: 5 minutes

Cook Time: 10 to 15 minutes

Yield: 1/2 cup (4 oz.)

Ingredients:

- ☐ 1/2 tablespoon shea butter
- ☐ 1/3 cup coconut oil or palm shortening
- ☐ 5 teaspoons beeswax pastilles or grated beeswax
- ☐ 30 drops Panaway oil or peppermint essential oil

Instructions:

Fill a small saucepan half full with water and put on the stove over medium-high heat. Place a stainless steel or heat-safe glass bowl on top of the saucepan. Add the shea butter, coconut oil or shortening, and beeswax pastilles in the bowl. Let the mixture melt, stirring every 4-5 minutes. The beeswax will take the longest to melt. When only a few pastilles are left unmelted, turn off the heat. Stir until the last beeswax pastilles have combined and you have a completely clear liquid. Remove the bowl from the saucepan. Let the mixture cool until the liquid is solidified again, it will look opaque but still slightly warm to the touch. Add the Panaway essential oil and whip with a mixer briefly. Transfer the rub to to an airtight glass container and cover with a lid. When using, apply a small amount to hands and rub on sore and aching muscles.

Restorative Chest Rub



Eucalyptus essential oil is supportive of healthy respiratory function and clove essential oil boosts the immune system so you can get back to feeling like yourself again.

Prep Time: 5 minutes

Cook Time: 10 to 15 minutes

Yield: 1/2 cup (4 oz.)

Ingredients:

- ☐ 1/2 tablespoon shea butter
- ☐ 1/3 cup coconut oil or palm shortening
- ☐ 5 teaspoons beeswax pastilles or grated beeswax
- ☐ 40 drops eucalyptus essential oil
- ☐ 30 drops peppermint essential oil

□ 10 drops clove essential oil

Instructions:

Fill a small saucepan a few cups of water and put on the stove over medium-high heat. Place a glass bowl on top of the saucepan. Add the shea butter, coconut oil, and beeswax pastilles in the bowl. Let the mixture melt, stirring every two or three minutes. The beeswax will take the longest to melt. When only a few pastilles are left unmelted, turn off the heat. Stir until the last beeswax pastilles have combined and you have a completely smooth liquid. Remove the glass bowl from the saucepan. Let the mixture cool until the liquid is solidified again, it will look opaque but still slightly warm to the touch. Add the essential oils and whip with a hand mixer briefly. Transfer the rub to to an airtight glass container and cover with a lid. When using, apply a small amount to hands and then rub on the chest.

Non-Toxic Bug Spray



Purification essential oil has citronella, a natural bug deterrent that has a distinct aroma. The blend of oils in this recipe help deter bugs while you are enjoying the outdoors. Many of the chemicals in store bought bug repellents have been studied for their health hazards so it is a good idea to make your own.

Prep Time: 5 minutes

Cook Time: N/A

Yield: 1 cup (8 oz.)

Special Equipment: 8 oz. glass spray bottle

Ingredients:

- ☐ 4 oz. distilled water
- ☐ 4 oz. Witch Hazel
- ☐ 20 drops Purification essential oils
- ☐ 7 drops lemon essential oil
- ☐ 7 drops eucalyptus essential oil

Instructions:

Combine all ingredients in an 8 oz. spray bottle. Shake well before each use and spray a light layer on skin and clothing.

Non-Toxic Home Care

Citrus Fresh Linen Spray



When using essential oils they actually clean the air naturally by creating an inhospitable environment for bacteria to thrive. This room spray uses citrus fresh oil which is a blend of mint and citrus oils which are known to support lung function and improve mental clarity.

Prep Time: 5 minutes

Cook Time: N/A

Yield: 1 cup (8 oz.)

Special Equipment: 8 oz. glass bottle

Ingredients:

- ☐ 15 to 20 Citrus Fresh essential oil
- ☐ 1 teaspoon apple cider vinegar
- ☐ 8 oz. distilled water

Instructions:

Pour the vinegar, drop in the oils and add the distilled water until the bottle is almost full. Replace the cap and shake the bottle vigorously before each use. Spray on any smelly fabric or in the air to impart a clean and natural scent.

Natural Soft Scrub



Many home cleaners contain harsh ingredients that are deemed unsafe for home use by the Environmental Working Group (EWG.com). This recipe blends elements that clean naturally and effectively without harsh chemicals.

Prep Time: 5 minutes

Cook Time: N/A

Yield: 1 cup (single use recipe)

Ingredients:

- ☐ 3/4 cup baking soda
- ☐ 1/4 cup castile soap
- ☐ 1 tablespoon water
- ☐ 1 tablespoon white or apple cider vinegar
- ☐ 10 drops Thieves oil or clove oil

Instructions:

Mix all ingredients until well combined in a small bowl. It will create a paste that is thick like yogurt. When using, scoop out with a sponge and scrub surface well. Wipe the surface clean with an absorbent wet sponge or towel.

All Purpose Cleaner with Thieves Essential Oil



This cleaner helps degrease kitchen messes and remove unsightly shower mold. It can also help lower the incidence of illness from household germs.

Prep Time: 5 minutes

Cook Time: N/A

Yield: 2 cups or 16 oz.

Special Equipment: 16 oz. spray bottle

Ingredients:

- ☐ 1 teaspoon borax
- ☐ 1/2 teaspoon Super Washing soda
- ☐ 1/2 teaspoon baking soda
- ☐ 1 teaspoon castile soap
- ☐ 20 drops Thieves essential oil

☐ 2 cups distilled water

Instructions:

In a 2 cup or 16 oz. sprayer bottle, add the borax, washing soda, baking soda, castile soap, thieves oil. Add distilled water to right below the neck of the bottle. Shake before use and then spray on the surface to be cleaned.

Lavender Lemon Window Cleaner or Daily Shower Spray



This window cleaner is a great alternative to ammonia-based window cleaners as lemon essential oil naturally leaves windows streak-free.

Prep Time: 5 minutes

Cook Time: N/A

Yield: 2 cups or 16 oz.

Special Equipment: 1 pint or 16 oz. glass spray bottle

Ingredients:

- ☐ 2 tablespoons white vinegar
- ☐ distilled water
- ☐ 6 drops Lavender oil
- ☐ 6 drops Lemon oil

Instructions:

Using a funnel or a steady hand, pour in vinegar and water to fill bottle just below neck of bottle. Add the essential oils, and shake well to mix. When using, shake well then spray on windows and wipe clean with newspaper or a towel that does not shed. This can also be used as a daily shower spray to help prevent mildew between deep cleanings. After a shower, spray shower and tub walls and fixtures and let dry.

Flea Relief Powder for Dogs



I use this as an alternative to harsh flea and tick removal products and it has worked wonders on my dogs. The eucalyptus essential oils and Purification essential oils naturally repel bugs that can be problematic especially in warmer months.

Prep Time: 5 minutes

Cook Time: N/A

Yield: 4 cups

Ingredients:

- ☐ 2 cups diatomaceous earth
- ☐ 2 cups French clay
- ☐ 30 drops eucalyptus essential oil
- ☐ 30 drops Purification essential oil

Instructions:

Mix the diatomaceous earth and French clay well in a dry bowl with a dry spoon. Add the essential oils and mix well. Transfer the mixture to an airtight container. This works best with a container that has a sprinkle top that can be resealed. When applying, sprinkle along ridgeline of your dog's back before going outside once per week. Rub vigorously or use a pet brush the hair to help distribute the powder.

Purifying Laundry Detergent



This is a great easy recipe to replace harsh detergents and added chemicals from your laundry routine and Purification helps naturally cleanse.

Prep Time: 5 minutes

Cook Time: N/A

Yield: 5 to 6 cups

Ingredients:

- ☐ 1 5 oz. bar castile soap, unscented
- ☐ 2 cups baking soda or Super Washing soda
- ☐ 2 cups Borax
- ☐ 10 drops Purification essential oil

Instructions:

Grate the soap with a cheese grater. Mix the grated soap, baking soda, and borax together in a large bowl with a big spoon or spatula. Add the essential oils slowly mixing as you drop it in. Put the mixture in an airtight container. Use about 1 tablespoon per load or 2 tablespoons for heavily soiled items.

Borax Free Option:

Ingredients:

- ☐ 1 5 oz. bar castile soap, unscented
- ☐ 1/2 cup baking soda
- ☐ 1/2 cup citric acid (GMO-Free, organic)
- ☐ 1 cup Super Washing Soda
- ☐ 1/4 cup coarse sea salt
- ☐ 10 drops Purification essential oil

Instructions:

Grate the soap with a cheese grater. Mix the grated soap, citric acid, Washing Soda, and sea salt together in a large bowl with a large spoon or spatula. Add the essential oils slowly mixing well as you drop in each drop. Put the mixture in an airtight container. Use about 1 tablespoon per load or 2 tablespoons for heavily soiled items. This can also be used as pre-soak for stubborn stains.

Lemon Dishwasher Detergent



Prep Time: 5 minutes

Cook Time: N/A

Yield: 3 cups (24 oz.)

Ingredients:

- ☐ 1 cup Borax
- ☐ 1 cup Super Washing soda
- ☐ 1/2 cup citric acid
- ☐ 1/2 cup kosher salt
- ☐ 15 drops grapefruit essential oil (or lemon essential oil)

Instructions:

Combine all of the ingredients in a large bowl and mix thoroughly. Use one tablespoon per load. Store in a large glass jar with a wide mouth and keep it

covered. For a natural rinse agent in the dishwasher, fill the rinse aid compartment with white vinegar.

Stain Remover Spray with Citrus Essential Oil



Citrus essential oils are great for breaking up greasy stains on clothes. Purification essential oil can help eliminate odors that build up in dirty laundry.

Prep Time: 5 minutes

Cook Time: N/A

Yield: 2 cups (16 oz.)

Special Equipment: 16 oz. spray bottle

Ingredients:

- ☐ 1 1/2 cups water
- ☐ 1/4 cup liquid castile soap, unscented
- ☐ 1/4 cup liquid vegetable glycerin
- ☐ 5 to 10 drops grapefruit essential oil or any citrus essential oil
- ☐ 1 to 2 drops Purification essential oil (optional)

Instructions:

Mix all ingredients together and pour into glass container using a funnel. When using, shake well and spray on spots and lightly rub in for set in stains. Optimally letting the spray sit on fabrics for 5 to 10 minutes. Do a spot test on delicate fabrics as a precaution. Wash clothes in machine or by hand as usual.

Oil Infused Recipes

Peppermint Hot Cocoa Mix



The all natural peppermint essential oil in this hot cocoa mix replaces the artificial flavors in store-bought mixes and plus it will leave a light and tingly feeling in your mouth.

Prep Time: 5 minutes

Cook Time: N/A

Yield: 4 cups dry mix

Ingredients:

- ☐ 2 2/3 cups coconut sugar OR 3 teaspoons stevia extract powder
- ☐ 1 cup cocoa powder

- ☐ 1 1/2 teaspoon sea salt
- ☐ 1 cup coconut milk powder
- ☐ 6 tablespoons collagen hydrolysate gelatin
- ☐ 1 1/4 teaspoon vanilla bean powder
- ☐ 12 drops peppermint essential oil

Instructions:

Over a large, dry bowl sift all of the ingredients together except the essential oil. Mix well, and add the essential oil and mix again. To use, Mix 3 tablespoons of the cocoa mix with 1 cup (8 oz.) warm to hot water.

Pumpkin Spice Latte



People go crazy for pumpkin in the fall, and the combination of these ingredients makes a natural alternative to the big coffee chains that have sugar laden hot beverages.

Prep Time: 5 minutes

Cook Time: 10 minutes

Yield: 4 servings

Ingredients:

- ☐ 2 cups freshly brewed coffee or 2-3 shots of espresso
- ☐ 2/3 cup unsweetened almond milk plus 1 cup almond milk
- ☐ 1 cup full fat coconut milk
- ☐ 1/2 cup pumpkin puree
- ☐ 1/2 teaspoon stevia extract powder OR 3 to 4 tablespoons honey

- ☐ 1 drop clove essential oil
- ☐ 1/4 teaspoon ground nutmeg
- ☐ 1/8 teaspoon ground ginger
- ☐ 1/2 teaspoon ground cinnamon, plus more for serving
- ☐ 1/2 teaspoon vanilla extract (gluten free)
- ☐ 1/4 teaspoon sea salt

Instructions:

Combine all of the ingredients, except essential oil in a medium sauce pan over medium heat, reserving 1 cup of almond milk for later use. Whisk the ingredients together until hot, but not boiling. Remove the coffee from heat, stir in essential oil and cover. Warm reserved 1 cup almond milk and froth using your espresso maker or frothing whisk. Pour the latte mixture into mugs and add almond milk foam on top and dust with cinnamon.

Cucumber and Lemon Detox Drink



Lemon essential oil and cucumber slices have long been used for natural purification purposes in spas. This easy recipe is a quick version to whip up at home in order to create a spa-like experience without the hassle or expense of the real thing.

Prep Time: 5 minutes

Cook Time: N/A

Yield: 6-7 cups (less than 2 quarts)

Ingredients:

- ☐ 4 drops lemon essential oil
- ☐ 1/4 teaspoon sea salt
- ☐ 4 cups filtered water
- ☐ 1 medium cucumber, sliced thinly in circles

□ 3 cups ice cubes

Instructions:

In a large pitcher, combine the lemon oil, sea salt, and water and mix well until salt has dissolved. Add the cucumber and 3 cups of ice. Drink and enjoy.

Peppermint Brownies



Peppermint and chocolate are a fun and delicious combination that will surprise your friends and family. These healthy brownies have a refreshing finish that will make people ask for the recipe.

Prep time: 10 minutes

Cook time: 35 minutes

Yield: 12 brownies

Ingredients:

- ☐ 3/4 cup unsalted butter, ghee, or coconut oil, melted
- ☐ 1 teaspoon vanilla extract (gluten-free)
- ☐ 3 large eggs, beaten
- ☐ 1 cup honey
- ☐ 1 teaspoon lemon juice

- ☐ 2 cups blanched almond flour
- ☐ 1 1/2 cups cocoa powder
- ☐ 1/2 teaspoon baking soda
- ☐ 10 drops peppermint essential oil

Instructions:

Preheat the oven to 350°F and cover the bottom of a brownie pan with parchment. In a medium bowl, whisk together the fat, vanilla, eggs, honey, and lemon juice until well combined. Mix the almond flour, cocoa, and baking soda in a small bowl. Add the dry mixture to the wet and stir until well combined. Stir in the peppermint oil and pour the mixture into the prepared baking dish. Bake for 35 minutes, or until a knife inserted in the center comes out clean. Remove from the oven and cool in the pan for 30 minutes. Slide a knife around the edge of the pan to release. Cut the brownies into squares, serve, and enjoy.

For a lower carb version: Use 2 teaspoons stevia extract powder in place of the honey. Add 1 cup canned pumpkin to the wet mix.

Refreshing Grapefruit Popsicles



Grapefruit essential is rich in the powerful antioxidant d-limonene and gives these cool treats a healthy boost. It is a popular oil to use in conjunction with weight management programs because it helps stimulate the lymphatic system which eliminates waste products and bacteria.

Prep Time: 10 minutes

Cook Time: N/A

Yield: 6 Popsicles

Ingredients:

- ☐ Juice from 2 large grapefruits
- ☐ 2 cups filtered water
- ☐ 1 tablespoon honey OR 1 teaspoon stevia extract powder
- ☐ 5 drops grapefruit essential oil or other citrus essential oil

Instructions:

Mix the ingredients in a bowl then pour them into the popsicle molds. Freeze for 6 hours or until frozen. Run the popsicle mold under warm water to unlodge but avoid submerging. Serve and enjoy.

Pumpkin Pie Smoothie



Clove oil gives this meal in a glass an immune-boosting kick that enhances the flavor of pumpkin pie smoothie.

Prep Time: 5 to 10 minutes

Cook Time: N/A

Yield: 2 servings

Ingredients:

- ☐ 1 13 oz. can full fat coconut milk
- ☐ 1 13 oz. can organic pumpkin
- ☐ 1 teaspoon cinnamon
- ☐ 1/2 teaspoons stevia powder extract or 2 tablespoons honey
- ☐ 2 to 3 cups ice cubes
- ☐ 2 tablespoons collagen hydrolysate gelatin
- ☐ 2 tablespoons golden flax or chia

- ☐ 2 drops cinnamon bark
- ☐ 2 drops clove essential oil
- ☐ 1/2 cup water, optional

Instructions:

Place all the ingredients into the blender except water. Pulse the mixture until smooth and add water if needed. Pour in two cups serve and enjoy.

Cinnamon and Clove Apple Cider



Clove and oranges are a perfect winter combination that makes people feel comfortable and warm. This natural apple cider a beneficial treat for the cooler months when people might be fighting off bugs.

Prep time: 15 minutes

Cook time: 30 to 45 minutes

Yield: 4 to 5 quarts

Ingredients:

- ☐ 12 apples
- ☐ 3 cinnamon sticks
- ☐ 2 oranges, sliced
- ☐ 1/4 cup honey or 1/2 teaspoon stevia powder extract
- ☐ 5 drops Clove essential oil

Instructions:

Fill a 6 quart stock pot with three fourths full of water. Quarter the apples and place them into the pot. Boil the apples with the lid on over medium heat until the apples are soft, about 30 minutes. Use an immersion blender to purée the mixture until blended. Pour the mixture through a wire mesh strainer over a large bowl. Pour the strained liquid back into pot and add the cinnamon sticks and orange slices. Simmer the cider for 15 more minutes. Dissolve the honey into the cider and mix in clove essential oil. Serve with a ladle into coffee cups and enjoy.

Lavender Chocolate Bears



These candies have lavender essential oil which will help you and your mate get into a loving and relaxed mood to feel more enamored.

Prep Time: 5 minutes, 1 hour inactive

Cook Time: 10 minutes

Yield: 12 candies

Ingredients:

- ☐ 10 to 12 oz. dark chocolate chips
- ☐ 5 to 10 drops lavender oil or peppermint oil

Instructions:

Place a saucepan on medium heat with a few inches of water. Put the chocolate

chips in a glass mixing bowl and place over the saucepan. When the chocolate has melted, after about 5 minutes, remove the bowl from the heat. Stir in the lavender oil and pour the chocolate into a silicone mold shape of your choice. Let the candy set in the refrigerator for one hour, unmold, serve and enjoy.

Taste of Italy Meatballs



Taste of Italy is a blend of basil essential oil and 5 types of oregano essential oil that supports the immune system while imparting a fresh finish to savory dishes.

Prep Time: 15-20 minutes

Cook Time: 30 to 40 minutes

Serves: 4 to 6

Meatball Ingredients:

- ☐ 2 lbs ground beef
- ☐ 2 cloves garlic, minced
- ☐ 1/4 cup fresh parsley, finely chopped
- ☐ 1 teaspoon dried oregano
- ☐ 1/2 teaspoon cumin
- ☐ 1/4 teaspoon Sea salt

- ☐ 1/4 teaspoon pepper

Sauce Ingredients:

- ☐ 3 cups beef broth or water
- ☐ 1/4 cup tomato paste
- ☐ 1/4 teaspoon sea salt
- ☐ 1/4 teaspoon pepper
- ☐ 1 medium onion, diced
- ☐ 1 clove garlic, minced
- ☐ 1 tablespoon butter, ghee or coconut oil
- ☐ 3 to 5 drops Taste of Italy or oregano essential oil
- ☐ 1/4 cup fresh basil, finely chopped
- ☐ baked spaghetti squash or sauteed zucchini, for serving

Instructions:

Place all the meatball ingredients in a bowl and combine well with hands. Form into 1 inch balls and place on the side. Saute the onion, garlic, salt and pepper together in the fat until translucent in a large saucepan. Add the water, paste while stirring to dissolve. Add the meatballs carefully and simmer in the sauce for 25 minutes on medium with the lid on the pan. Remove the lid and simmer the mixture for 5 more minutes to reduce it. At this point the meatballs should be tender and moist. Remove the dish from heat and season with the Taste of Italy essential oil while stirring gently. Serve the meatballs with sauteed zucchini or baked spaghetti squash and top with fresh basil.

Fat Blasting Citrus Smoothie



The ingredients in this smoothie are well known for promoting long lasting satiety and promoting weight loss. Coconut milk has medium chain triglycerides that are burned directly by the liver for fast fuel. Gelatin has amino acids that support feel good neurotransmitters to decrease emotional eating. Citrus Fresh essential oil is a combination of detoxifying citrus oils and peppermint which can help decrease sugar cravings.

Prep Time: 5 minutes

Cook Time: NA

Yield: 2 servings

Ingredients:

- 2 mandarin oranges

- ☐ 1 3/4 cups coconut milk
- ☐ 2 tablespoons collagen hydrolysate
- ☐ 2 tablespoons golden flax seeds or chia seed

- ☐ 2 to 3 cups ice cubes
- ☐ 1 to 2 cups water
- ☐ stevia OR honey to taste
- ☐ 2 to 4 drops Citrus Fresh essential oil

Instructions:

Place all the ingredients in the blender and pulse until smooth. Transfer into glasses and enjoy.

Mint Chocolate Smoothie



Prep Time: 5 minutes

Cook Time: N/A

Yield: 2 servings

Ingredients:

- ☐ 1 3/4 cup full fat coconut milk
- ☐ 2 tablespoons grass fed gelatin collagen hydrolysate
- ☐ 4 drops peppermint essential oil
- ☐ 4 oz. 85% dark chocolate bar
- ☐ 1/4 cup golden flax or chia seeds
- ☐ 3 cups ice cubes
- ☐ 1/4 teaspoon fine sea salt
- ☐ honey OR stevia to taste

Instructions:

Place all the ingredients in a blender and blend until smooth. If the mixture is too thick, add a few tablespoons of water and blend again. Add the amount of preferred sweetener and blend once more. Pour into two glasses and enjoy.

Dark Chocolate Peppermint Bark



Peppermint is known for its properties that support digestion, sooth sore muscles, calm down pounding head tension and even give you a burst of energy when you feel that afternoon lull.

Prep time: 10 minutes

Cook time: 20 minutes

Yield: 12 servings

Ingredients:

- ☐ 1/2 cup honey OR 1.5 teaspoons stevia extract powder
- ☐ 12 oz. 100% dark chocolate
- ☐ 1/2 cup sunflower seeds
- ☐ 1/2 cup pumpkin seeds
- ☐ 8-10 drops peppermint essential oil

Instructions:

Preheat the oven to 350 degrees and prepare a cookie sheet with parchment paper. Place a few cups of water in a saucepan over medium heat. Place the chocolate and honey (if using stevia add it when adding the seeds) in a glass bowl then place it over the sauce pan. Let the chocolate mixture melt slowly and stir periodically. While the chocolate is melting spread out the seeds on the sheet pan evenly and toast them for about 10 minutes or until they taste toasted. Remove the seeds from the oven and set aside. Move the bowl of chocolate away from the heat and stir in the peppermint oil and the seeds (and stevia) until well mixed. Spread the mixture back on the same parchment evenly until it is about 1/2 inch thick. Place the pan in the refrigerator to set. When the bark has hardened, remove it from the fridge and break it into small pieces. Store the bark in a glass container in a cool place until ready to serve.

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